

THE COLONNADE

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gcsuconnade.com

'What Is Your Life's Blueprint?'

Caroline Duckworth
Managing Editor

GC hosted its third annual breakfast honoring Martin Luther King Jr. on Friday, Jan. 18. This year, the theme centered around King's "What Is Your Life's Blueprint?" speech which he gave to students at Barratt Junior High School in Philadelphia in 1967.

"Whenever a building is constructed, you usually have an architect who draws a blueprint, and that blueprint serves as the guide for those who are to build the building," King said to these young teens. "A building is not well erected without a good, sound and solid blueprint. Now, each of you is in the process of building the structure of your lives, and the question is whether you have a proper, a solid and a sound blueprint."

Members of the Milledgeville and Baldwin County commu-

nity as well as GC faculty, staff and students gathered in Magnolia Ballroom to honor King and his timeless words. Speakers at the event included Veronica Womack, chief diversity officer of the Office of Inclusive Excellence, and community member Quentin Howell.

The sold-out event also recognized students from local schools, such as Baldwin County Schools, John Milledge Academy and GC Early College, who had competed in an essay contest about what King's blueprint speech meant to them. Four finalists ranging from 3rd grade to 11th grade presented their work at the breakfast.

President Steven Dorman said that this annual breakfast and writing contest is important to "encourage young peo-



Caroline Duckworth / Managing Editor

"What Is Your Life's Blueprint" essay finalists pose with their awards on Jan. 18

ple to study the words of King" and to "acknowledge the work of young people in Baldwin County."

One of these young individuals was 11th-grader Chris Jackson. As the winner of the high school, Jackson was the last of the student finalists to take the stage. Standing tall in a bright

white button-up, he read his essay in a strong, proud voice, sharing how King's speech profoundly affected him.

"It was a little nerve-racking at first," Jackson said afterward. "But I love the speech, so when I got up there, I kind of shook it off and got to it."

In his essay, Jackson

connected himself to and described the most empowering points of King's 1967 speech, such as having a deep belief in your own dignity and having the determination to achieve excellence. At the conclusion of his essay, Jackson received a standing ovation.

The initial round of selections begins at

the school level. These school finalists then go to a committee, which spends a full day looking at all of the essays and other creative works, scoring them according to a rubric.

"It's the most fun," said Beauty Bragg, a GC English professor and

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GC football 'Ball' so hard



Courtesy of GC Wellness & Recreation

Ball cooling down after their semifinal win in the national tournament against NC A&T.

Alex Jones
Sports Editor

GC Intramurals kicked off 2019 in a familiar atmosphere, sending "Ball", the men's intramural flag football champion team, to the national tournament held in Pensacola, Florida.

Ball, comprised of nine GC students, is recognized as the Georgia State Champion after battling through a field of 16 teams and winning the state tournament hosted at Georgia Southern, which secured its bid to the national tournament.

The team competed against other collegiate programs on the national stage, going 5-0 through pool and bracket play before falling short to Texas Rio Grande Valley in the national championship game on Jan. 6.

Leading up to the

national championship game, Ball defeated schools across the nation, including; Florida International, Maryland, Texas Southern, Florida A&M and North Carolina A&T.

"GC is always there,

SEE **INTRAMURALS** | PAGE 5

GC's seeing double

Sydney Wilson
Staff Writer

Freshman year of college is sometimes described as one of the loneliest times in your life. However, a select few on campus can choose to bring a little piece of home with them into the new and possibly intimidating world of college: twins.

While some twins may decide to go to separate schools, others, such as identical twins Hailey and Bailey Brannan from McDonough, Georgia, knew that staying together was set in stone. "We do better together," Hailey said, explaining why she and her sister decided stick together.

The two sisters had first both chosen to pursue careers in nursing, which then led them

to GC in Fall 2017.

Even though their grades have been accidentally switched multiple times in their classes, Bailey says having her sister with her at college is "the biggest blessing."

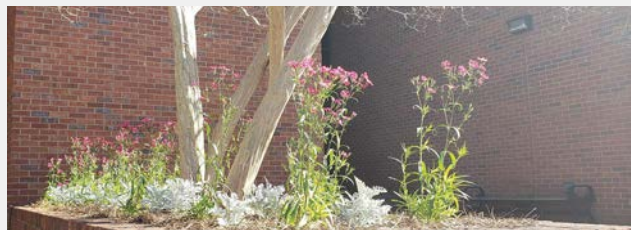
Both sisters agreed that having each other for support during their first years helped them avoid the infamous freshman loneliness.

"It's life changing to have your twin at college," Hailey said. "You don't have to worry about being alone, and it makes your relationship so much stronger."

The Brannan twins roomed together for their year at The Village. Last year, they founded the Alpha Gamma Delta sorority together.

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NEWS



GROUNDKEEPING AT GC

GC groundskeepers work to keep campus beautiful in the spring.

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GC INTRAMURAL STATE CHAMPS

GC Intramurals sends campus champions, Ball, to the state and national tournaments.

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Counselors share the insight behind skipping out on your 2019 resolution.

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NEWS

Wellness Center cuts back hours

Ava Leone
Staff Writer

Student employees at the Wellness and Recreation Center face reduced hours for Spring 2019 because of budget restrictions. They were notified of the upcoming changes in an email sent out last semester. Some students like sophomore Shayla Nobles, a nursing major, have experienced shift cuts. Nobles works at the front desk and had one shift cut. She now works twice a week at the WRC for a total of seven hours. Bert Rosenberger, director of Wellness and Recreation, said student hours were cut due to a rise in equipment repair and operational costs.

“Instead of eliminating one student that works 10 hours a week, there will be five students who will lose two hours,” Rosenberger said. Rosenberger said he wants to minimize the impact of the hour cuts on students by broadening the hour cuts. Students working at the fitness desk, front desk, or as lifeguards, scorekeepers and group fitness instructors have been affected by the cuts. Faith Farber, a senior outdoor education major, works at the climbing wall. “Since the climbing wall hours did not change, I was not affected at all,” Farber said. Currently, there are around 110 students employed by the WRC who work between four and 12 hours a week.

When school is in session, there are roughly 565 hours that need to be worked every week. Last semester, students worked all 565 of the available hours, but this semester they will be working closer to 490 of those hours. The rest of the hours will be made up by GC professional staff members. Nobles said that although her work schedule was minimized to two shifts, she was pleased with the outcome because of her busy schedule. She will not be searching for other jobs to make up the pay loss. The front desk and fitness floor, originally run by student workers, will be run by staff members from 8 a.m. to 5 p.m. Students will be able to cover shifts from 6 a.m. to 8 a.m. and 5 p.m. to 10 p.m. on weekdays.

All GC students pay an annual fee to keep the facility running and pay its workers, including professional staff members. The fee has not increased since the gym’s opening in 2011. Rosenberger’s request for an increase in fees has not been permitted. The extra costs to replace equipment and the increased operational costs have forced Rosenberger to cut back student hours so the professional staff can make a living wage. Any time there is a holiday weekend or a weekend before or following a break, the WRC plans to close in order to save money.



By Amy Lynn McDonald / Assistant News Editor

Jeremy Sokol checks in students on Jan. 22

The facility will be closed during weekend hours over the summer as well. GC’s Front Page News has also emailed a survey to all students to find ways to improve the WRC for future usage.

MLK

member of this committee. “Our planning committee is probably somewhere between 11 and 14 people at any given meeting, so we really do get a whole bunch of different perspectives.” Bragg explained that using a rubric allows the committee look more fairly at these emotionally involved works by young people engaging with King’s messages. Each member of the committee reads each piece, then assigns points, which are tallied up overall in the end. “One thing that’s interesting is typically we’re pretty consistent,” Bragg said. “The scoring is fairly consistent across the board, so we feel pretty sure that we are being as fair [as possible].” Some students who read their work, as well as Howell who spoke at the beginning of the breakfast, mentioned how today is not very far away

from very obvious racial inequalities. For example, it was only 55 years ago that the first African-American student, Cellestine Hill, entered GC. Bragg said we are still living with the legacy that those inequalities in the present. She also said she thinks it is important to look to King’s guidance and philosophies that “brought us to this better place.” When asked why it is important that this event brought together the GC and Milledgeville communities, Bragg said that a perpetual issue that universities face is “bridging the divide between the universities and the surrounding communities.” This gap is sometimes more apparent in Baldwin County because of its history as a Black Belt county, an area associated with cotton plantation agriculture and slavery in the 19th century. “I think any effort

GC hires new interim police chief

James Robertson
Staff Writer

GC hired Rob Seacrist as the new interim police chief on Jan. 7. Seacrist has spent most of his life in law enforcement after serving in Vietnam, when he began to work in undercover narcotics. It wasn’t until he became a school resource officer that he realized his true calling. “Dealing with teachers and students, I suddenly realized, not everyone is a bad guy,” Seacrist said. “There’s a bigger world and demonstration of respect and recognition that the university can make to the larger community is important for building those bridges and that network,” Bragg said. “We’re all members of the same community.”

than just black and white, bad guy, good guy.” After becoming a resource officer, he decided to stick with it, eventually coming to GC. Seacrist brings 36 years of being a chief of police at universities, including the Universities of Central Florida in Orlando, West Florida, Texas at San Antonio and Texas Tech University. He holds a bachelor’s degree in education, a master’s degree in sociology and is a graduate FBI national academy. Seacrist plans to be here for two to three months, depending on how long it takes to hire the next chief. According to Susan Allen, GC Vice President of Finance and Administration, a new chief will be selected soon. “We have the System Office reviewing all applicants and providing the institutional search committee with 10 finalist,”

Allen said. “Next, the search committee will bring four or five candidates to campus, conduct stakeholder surveys and then provide three unranked candidates for hiring consideration. GC Executive Cabinet will discuss the candidates and make a decision.” “My goal here is to create a safe environment, understanding that nobody can make an environment 100 percent safe,” Seacrist said. GC police Sgt. Michael Baker, in charge of emergency management, said the presence of interim chief does not reduce the safety of a campus. “I don’t think [having an interim chief] reduces the safety to the campus community at all, you just don’t have the same point of contact in this position,” Baker said. “We all know the job that needs to be done.” Seacrist said he tends to enjoy college law enforcement as opposed to municipal law enforcement.

“You deal with good people more than you deal with bad,” Seacrist said. “Being in this [university] environment gives you even more perception that there is more good in the world than bad.” Seacrist is a musician as well. He plays the guitar, mandolin, harmonica and dobro. He’s been a musician since he was 12 years old, starting with guitar, and plays classic country, classic rock, bluegrass and blues. He is a part of a classic rock band and a bluegrass band in Valdosta. He has the ability to play by ear and does not read music, which is no easy feat. “My entire family is musical,” Seacrist said. “My father was a musician. [When] I go to family reunions, there’s always instruments everywhere, and always there’s someone playing something.”

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NEWS

No offseason for groundskeeping at GC

Amy Lynn McDonald
Asst. News Editor

When students and blooms are away, groundskeepers come to play. Winter is key for maintaining GC’s campus flora. The break allows groundskeepers to prepare for the spring and summer when plants and young minds on campus are growing. “There’s an unconscious value to having a nice environment when you walk out of class,” said John Whittle, one of two grounds supervisors at GC. However, upholding the standard students expect on campus is no walk in the park. “A lot of people don’t realize it, but grounds maintenance is a 365-day-a-year job,” said Aaron Seay, GC’s second grounds supervisor. “There are a lot of things that go into play right now.” Seay and Whittle survey and plan landscapes while coordinating tasks for the grounds crews, including daily maintenance of campus areas such as the Front

Campus lawn and flower beds encircling buildings. Grounds crews recently finished clearing the last of the fall leaf accumulations. Now Seay and Whittle are focused on maintenance and preparing for spring. “Here shortly we will be putting out pinestraw and mulch, and we will do some applications of chemicals to the lawn and shrub areas to keep weeds from germinating,” Whittle said. For a campus rich with blooming plants, pruning and weed control are imperative for keeping plants healthy and producing the best quality blooms. Though the weed control regime includes herbicides and pesticides, the two supervisors take steps to limit the amount of chemicals being applied. “We install plants that are correct for the area they are planted in, so we don’t have to do a lot of herbicide and pesticide treatments,” Whittle said. Plants that are both aesthetically-pleasing as well as low-maintenance in this region include azaleas, hydrangeas and dogwood trees, all of which are a part of the symphony of blooms each spring at GC. Larger maintenance projects occur while students are away over break. This winter, GC groundskeeping brought in contractors to prune and cut down trees around campus. The contractors cut dying trees that posed threats if they fell and pruned dying limbs for the overall health and beauty of trees. “Grounds is a big recruiting tool here at the school, and maintaining the image of the campus is important,” Seay said. When freshman Brooke Weeks visited GC for the first time, she found the campus area charming. “My favorite place is front campus because it’s so open and there’s always people out there,” said Weeks, a biology major. “It’s all very put-together.” Being “put-together” is according to Whittle and Seay’s efforts and designs. When creating new landscapes, the two grounds supervisors consider common elements used around campus to maintain visual continuity. “It’s about what works well for our campus and what blends in with our existing landscape,” Seay said.



Amy Lynn McDonald / Assistant News Editor

Flowers soak up sun after a week of rain on Jan. 17



Amy Lynn McDonald / Assistant News Editor

New bushes surround the NPHC memorial outside of Bell Hall



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DEAN'S LIST FALL 2018

Amir Abdullah	Logan Bouchillon	Catherine Clark	Olivia Dumas	Lexi Gottschalk	Joseph Holshouser	Matthew Krackenberger	Samuel McDaniel	Olivia Parker	Michaela Rowland	Alexandria Stapleton	Julia Watson
Kendal Abercrombie	Rachel Boulineau	Iman Clark	Danielle Dunagan	Madison Gowan	Lauren Holtackers	Megan Kral	Jordan McDermitt	Sidney Parker	Robert Rozelle	Alexandria Starks	Lindsay Watts
Nicole Ackerman	Kelly Bouquette	McKinsey Clark	Russell Duncan	Dylan Graham	Madison Hood	Emily Krauss	Amy McDonald	Laurny Parker	Angeline Ruffin	Jade Starosta	Lucie Weatherall
Madeline Ackerson	Anna Bowden	Sherree Clark-Metcalf	Zachary Dunn	Katherine Graner	Tyler Hooks	Lane Krull	Jacob McDonald	Shelby Parkhurst	Cailyn Rushin	Kathryn Stearns	Bryce Webb
Bailee Adams	Bryce Bowen	Samantha Clay	Madison Durrence	Lauren Grant	Dallas Hooks	Clare Kuchvalek	Savannah McDonald	Samantha Parrish	Jayne Russell	Sydney Steele	Daesha Webb
Reilly Adams	Mary Hannah Bowers	Bethany Clegg	Bethany Dyals	Katherine Grant	Tanya Hopper Campos	Mia Kugelmann	Taryn McGathery	Sydney Parrish	ReNeisha Russell	Katie Steele	Morgan Webb
Charles Adams	Richard Bowles	Sarah Clegg	Amelia Dye	Katherine Graves	Sarah Kull	Michael McGowan	Michael McGowan	Taryn Russell	Paul Stengena	Lauren Weekley	
Catherine Adams	Jordan-Elizabeth Boyd	Lauren Clement	Mallory Dykes	Kellison Gravitt	Hannah Hopkins	Jannik Kumbier	Ashley McGrath	Jonathan Parsons	Kyle Rutherford	William Steinman	Brooke Weeks
Chelsey Adams	Eric Boyd	Sydney Clever	Ariel Ebaugh	Caroline Gregory	Nicholas Hopsom	Caroline Lackey	Maggie McGrath	Nicole Patchett	Anna Saleebey	Adam Stephens	Sarah Weeks
Mary Katherine Adcox	Morgan Bracewell	Alysha Coates	Jenna Ebers	Brooke Gregson	Camille Horne	Lundy Lader	John McIntyre	Chloe Patterson	William Salter	William Stepp	Sydney Weissman
Nicole Adkison	Roma Bracewell	Abby Coker	Isabella Echeverria	Sabrina Greco	Deanna Horner	Emma Lako	Alli McKnight	Luke Paul	Adam Salvador	Catherine Stine	Kimberlynn Welford
Adrian Adler	Jackson Brock	Aubrey Coker	Maggie Edenfield	Brittany Green	Lucas Horton	Rachel Lakso	Madison McKnight	Olivia Payne	Sophia Sampson	Sarah Stogner	Rachel Wellman
Andrew Agur	Peyton Braddy	Kaitlin Coker	Garrett Green	Lucas Horton	James House	William Lamb	Jay Mckown	Regan Payne	Matthew Sampson	Ashley Stone	Jordan Wells
Ethan Ahonen	Natalie Bradish	Lindsey Cole	Julia Green	Madeline Houston	Alexis Lambert	Camryn McLelland	Camryn McLelland	Aleigha Sams	Katie Stone	Coleman Wellstead	
Benjamin Aler	Adeline Bradley	Victoria Coleman	Rebecca Greene	Orsana Houston	Jordan Landing	Gabrielle Peer	Gabrielle Peer	John Sanchez	Robert Story	Sydney West	
Rachael Alesia	Delaney Bragg	Sarah Collett	Bryan Greene	Hannah Housworth	Elisabeth Laney	Camilla McMahon	Camilla McMahon	Janet Sanchez	Ansel Stovall	Sophia Wretzel	
Hayley Albright	Lorali Bragg	Jada Collins	Coley Edwards	Madison Howe	Macey Lang	Hannah Peeler	Hannah Peeler	Ana Paula Sanchez	McKinnleigh Stripling	Ashton Whaley	
Adelina Allegretti	Bailey Brannan	Hannah Comer	Charles Greene	Grady Howell	Launa Langford	Alexa Pellack	Alexa Pellack	Mejorada Girault	Stephen Stroer	Samantha Whitley	
Katherine Branshear	Katherine Branshear	Mary Conboy	Ethan Grimes	Caroline Gregory	Reynolds Langstaff	Michelle Medina	Michelle Medina	Summer Sanders	Alexis Stroud	Lily Wheeler	
Rachel Altman	Lauren Brasher	Cameron Conglose	Charles Evans	Brooke Gresham	Myah Lanier	Bradley Medlin	Bradley Medlin	Morgan Pendergast	Catherine Sandridge	Abigail Wheeler	
Stephen Amason	Scott Braswell	Nathan Connelly	Jacquelyn Elder	Jared Gresham	Catherine LaPenta	Hadley Meeks	Hadley Meeks	Peter Pendleton	Brighton Sand	Bentley White	
Chandler Amason	Sarah Braswell	Hannah Conner	Jessica Eleazer	Brianna Griffin	Joan Howes	Victoria Lara	Victoria Lara	Morgan Sangster	KateLynn Sturdevant	Elizabeth White	
Benjamin Anders	Isobel Bratescu	Craig Conyers	Samuel Elliott	Raphael Griffin	Spencer Howman	Julia Melvin	Julia Melvin	Dominique Pennisi	Ashton Sturgell	Madison White	
Emma Anderson	Sarah Braun	Anna Elliott	Andrew Hight	Ashley Griffin	Maryette Hoy	Kacie Mercado	Kacie Mercado	Sarah Penoyer	Madison Sapp	McKenna Whitley	
Margeaux Anderson	Madison Bray	William Cook	Jillian Elmer	Kaitlyn Griffith	Andrew Hughes	Emily Mercer	Emily Mercer	Colton Perkins	Christina Saravia	Lauren Whitley	
Mackenzie Anderson	Addison Bray	Jessica Cook	Madison Emory	Mary Griggers	Madeleine Hughes	Jordan Meredith	Jordan Meredith	Benjamin Perrine	McKenzie Satterfield	Madison Sutton	
Aiden Anderson	Lukas Bright	Garrett Cook	Emilia Empoliti	Ethan Grimes	Corinne Hullfish	Brianna Messer	Brianna Messer	Emily Petersen	Robert Saunders	Madison Swanner	
Jack Anderson	Emilia Brink	Amelia Cook	Andrew England	Charles Griner	Corinne Hullfish	Carly Messer	Carly Messer	Jenna Phalan	Sydney Saxon	Richard Whittington	
Kate Anderson	Caroline Brittain	Emily Cooper	Robert English	Ivy Grizzle	Chancely Hunt	Emily Michael	Emily Michael	Grant Phelan	ReNeisha Scarborough	Amanda Wiggins	
Lars Ole Valter Andersson	Gracie Brittain	Gregory Cooper	Metait Eplan-Frankel	Rebecca Groeneveld	Abbey Hutchinson	Molly Layne	Molly Layne	Garrett Phillips	Lika Schaaf	Brooke Wiggins	
Hylen Adeline Andrew	Bentley Brock	Baylee Corbett	Kyleigh Grosvenor	Kyleigh Grosvenor	Kathryn Hutchison	Abigail Lee	Abigail Lee	Kaylee Phillips	Emma Scharnell	Richard Williams	
Nicole Andrews	Kayla Brockway	Ashlyn Corkery	Stephanie Erdl	Benjamin Grunert	Celia Imhoff	Caroline Miller	Caroline Miller	Allison Pickett	Maya Schechter	Dakota Williamson	
Alexis Ansley	Christian Brook	Megan Corradi	Benjamin Grunert	Michael Guskin	Ann Irvin	Grace Miller	Grace Miller	Juliet Pigman	Sarah Scheider	Mary Williamson	
Shirmeen Anwar	Erin Brooks	Madison Corriher	Sallie Eswine	Khyla Gualupe	Zoe' Irvin	Sarah Lehman	Sarah Lehman	Alexander Pijanowski	Lelin Schell	Christina Tan	
Molye Ariano	Sarah Brooks	Madison Coty	Adich Ethrledge	McKenzie Ives	Anna Leones	Sofia Lekas	Sofia Lekas	Madison Pineda	Madison Pineda	Thomas Taranto	
Blaine Arndt	Anislee Broome	Sarah Couch	Emily Eubanks	Alyssa Ivon	Alyssa Ivon	Darby Pinkard	Darby Pinkard	Darby Pinkard	Anna Schendli	Duncan Williams	
Nathan Arnett	Rachel Brown	Elizabeth Couch	Charles Evans	Alyssa Ivon	Alyssa Ivon	Emily Minnowski	Emily Minnowski	Emily Minnowski	Anna Schendli	Emily Williams	
Lyric Arnold	Raleigh Brough	Kelsey Coughlin	Dennis Evans	Abhinav Guneta	Abhinav Guneta	Deja Stacey	Deja Stacey	Deja Stacey	Carly Schuman	Harriet Williams	
Kathryn Arrington	Aspen Brown	Khaedem Coumarbatch	Caroline Evans	Raasha Gutierrez	Lucas Jackson	Quinn Mioti	Quinn Mioti	Carson Piper	Cheyenne Scott	Emma Yaeger	
Hannah Asbell	Payton Brown	Jacob Everhart	Richard Guyton	Avery Hacklander	Sarah Jacobs	Erica Misener	Erica Misener	Morgan Pittman	Andrew Scott	Mary Williamson	
Joshua Asstarita	Rachel Brown	Camron Brown	Makhalaht Fahim	Charles Hagler	Sarah Jacobs	John Mistretta	John Mistretta	Lindsey Pitts	Alexander Scudellari	Micha Williamson	
Rachel Atchley	Savannah Brown	Morgan Brown	Elizabeth Cranford	Andrew Fancher	Lillian Jandrich	Kiley Linares	Kiley Linares	Zachary Piza	Jessica Searcy	Elizabeth Willingham	
Marissa Augello	Morgan Brown	Wendy Cravey	Matthew Crawford	Charles Hagler	James Hagler	Chase Lindsey	Chase Lindsey	Ryan Plosinski	Grayson See	Lauren Willis	
Kayla Ausmus	Marymargaret Brown	Matthew Crawford	Charles Hagler	James Hagler	James Hagler	Ciera Lindsey	Ciera Lindsey	Megan Pond	Katherine Sellers	Hannah Willis	
Benjamin Austin	Lauren Bachkowsky	Patricia Dallas	Charles Hagler	James Hagler	James Hagler	Meghan Lindstrom	Meghan Lindstrom	Allison Popwell	Abby Senay	Dontavious Wilson	
Adam Backus	Obelilia Branan	William Crick	Lori Fatzinger	Jordan Faver	John Hall	Hope Uewellyn	Hope Uewellyn	Elizabeth Rector	Yavorgy Seo	Morgan Wilson	
Kathryn Backus	Amelia Brugger	Mary Crisp	Joshua Fellows	Joshua Fellows	Joshua Fellows	Michael Newsom	Michael Newsom	Julian Lopez	Richard Sheets	Robert Wilson	
Allison Baker	Ashley Bruner	Avary Cross	Emma Crumby	Sage Cudney	Constance Cummings	Emily Gainsou	Emily Gainsou	Ryann Pugh	Grace Pugmire	Julia Wilson	
Brittney Baker	Jonathan Bryan	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Jessica Purcell	Martha Shiver	Brittany Wimberly	
Alexa Baker	Kaitlin Bryan	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Bailey Windham	
Rosanna Baker	Hailey Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Ian Winkelvoss	
Madelyn Baker	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Karah Winter	
Jordan Ball	Bishop Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Kellyn-Brook Wise	
Emily Ballerstedt	Lauren Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Amanda Wirmond	
Andreas Bandoly	Caroline Buckner	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Emily Bryant	Taylor Woodson	
Rebekah Bandy	Alexis Buelow	Christina Bugg	Gilberto Builrago	Alison Barb	Brittany Barfield	Austin Barfield	Austin Barfield	Ashley Barfield	Taylor Woodson	Lauren Woodman	
Alison Barb	Christina Bugg	Gilberto Builrago	Alison Barb	Brittany Barfield	Austin Barfield	Austin Barfield	Austin Barfield	Ashley Barfield	Taylor Woodson	Ashley Wootton	
Brittany Barfield	Gilberto Builrago	Alison Barb	Brittany Barfield	Austin Barfield	Austin Barfield	Austin Barfield	Austin Barfield	Ashley Barfield	Taylor Woodson	Daniana Worcester	
Austin Barfield	Courtland Buntin	Andrea Burkle	Shayla Burnett	Patricia Burns	Riley Burns	Rachel Burrows	Rachel Burrows	Victoria Burton	Megan Burton	Kelsey Wright	
Ashley											

SPORTS

Ball

CONTINUED FROM PAGE 1

and we always have a shot to win the national championship,” said Driver Watson, coordinator of RecSports. “We just haven’t quite jumped the last hurdle yet.”

With so much success blossoming from the effort of Ball throughout the state and national tournament, there weren’t high expectations before the games began.

“We went into both tournaments optimistic but not expecting to do nearly as well as we did, but once we started playing and winning, we built momentum and confidence that grew and carried over into each game we played,” said Mitch Risley, team captain and quarterback. “We realized we had a good shot once we dominated the state tournament the way that we did.”

Ball member and intramural legend Braxton Roberts described the quarterfinal match-up in the national tournament against Texas Southern.

“We looked across

the most calm expression on his face and just told all of us that we were about to win.”

Ball emerged with a 28-26 victory.

The National Runner-Up is not the only accolade the team has brought back to GC. Risley and defensive standout Michael LaHood are two of six players declared All-Americans during the tournament.

This is Risley’s second All-American selection since he was awarded All-American honors at the 2017 national tournament. He led with 30 touchdowns, five ahead of the next closest athlete.

LaHood earned his first All-American honor by leading the tournament with 18 tackles for loss and a handful of significant defensive plays.

“Michael LaHood was by far the most impactful player on defense throughout the tournament,” Watson said. “And Mitch [Risley] is probably the greatest intramural athlete that GC has ever had come through the program.”

The GC Intramural organization is no stranger to the national tournament stage. The men’s intramural flag



Courtesy of Steve Risley

Mitch Risley avoids a tackle against Valdosta State in the state tournament

GC has now had three athletes selected as All-Americans in the past three years at the national tournament: Casey Braun and Risley in 2017 and Risley and LaHood in 2019.

GC has also contributed to the national tournament with officiating selections.

Josh Brown was accepted into the national tournament as a referee for the past two years, an honor only awarded to the Top 50 referees in

national tournament in both 2016 and 2017.

To be selected, referees compete with one another in region and state tournaments to

receive their bids to the national tournament.

GC Intramurals has gained attention and respect through its intramural flag football team

in recent years and will continue to strive for success and a produce a winning culture.

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GC INTRAMURALS
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BIDS



NATIONAL RUNNER-UPS



ALL
AMERICANS



TOP 50 NATIONAL
REFEREE’S



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01.23.2019

MAGGIE WALDMANN, A&L EDITOR
LILIA STARNES, ASSISTANT A&L EDITOR

ARTS & LIFE

Twins

“I got to experience a new kind of sisterhood with my own sister, and that’s definitely brought us closer together,” Hailey said.

Though the Brannan sisters immediately knew that they wanted to live together through college, Alexis Griffis from Lawrenceville, Georgia needed a little more convincing to go to school with her fraternal twin Ansley.

Originally, Alexis and Ansley had agreed on going to separate schools to avoid becoming overly attached to one another.

“You can go to any school except mine,” Alexis said to Ansley while they were in the process of applying to schools.

However, after a few plans fell through, the two ended up enrolling together at GC Fall 2017. Though they did not room together, Alexis now agrees that having your twin with you truly does improve your outlook during your freshman year.

“I already had a best friend, so I wasn’t lonely,” Griffis said.

On top of having a familiar face in the sea of new people, Alexis also discovered that having her twin here has proven more to be more comical than she had expected. A few people have actually tried to introduce her to her

own twin since they aren’t identical.

Alexis offers this advice to anyone starting college with their twin: “You’ll have a best friend, but don’t make them your only friend. And don’t tell people you’re twins. Let them figure it out for themselves.”

Despite having already been together for 18 years, both the Brannan and the Griffis sisters agree that going to college together has improved their relationships far more than they expected and that they are grateful for the experience.



Skipping out on New Year’s resolutions

Hannah Wildes
Staff Writer

Once the New Year rolls around, many people find themselves scrambling to find a New Year’s resolution. But why do so many people make resolutions that set them up for failure? Whether it’s planning to go to the gym every day or read a chapter of a book every night before bed, many resolutions are made each year with the unintentional mindset of not completing them.

“I think people often set too many or too lofty a change/challenge and then can’t keep it up in the long run,” said Susan Spencer, a counselor at the GC Wellness Center. “Instead of working out every day for

a person who has rarely gotten exercise, the goal might be to get more exercise and set the goal for the minimum of two to three days per week, 30 minutes each workout.”

Instead of setting a goal that seems impossible to go through with, Spencer suggested starting small. Many resolutions are made each year with the unintentional mindset of not completing them.

“For some people, having a partner/coach who encourages you can also be helpful,” Spencer said. “It is also helpful to reflect on our resolutions daily to remind ourselves why it is something we want.”

In order to keep a determined mind and an

optimistic attitude about your resolutions, Shadisha Bennett Brodde, also a counselor at the GC Wellness Center, said that you have to “frame” your resolutions in a positive manner. Brodde said that it is important “to have some flexibility in the way we see ourselves and our goals.”

However, the idea of sticking with a resolution for a whole year can seem daunting.

Makenah Mader

brought up the idea of finding a word for the year, rather than a resolution that you could end up giving up on.

“Personally, I like this more than resolutions because I find it provides more room for personal growth. I think most people create unrealistic goals, which can lead to discouragement and giving up,” Mader said. “You are only setting yourself up for failure if you know you’re creating a goal

that you do not have the time or energy for. While New Year’s resolutions prompt a positive desire for change, choosing unhealthy steps in getting to that goal is what wrongs us.”

For others like Bryan Irlbeck, New Year’s resolutions are so “last year.” Irlbeck decided to try something new instead of making any resolutions.

“I didn’t make a New Year’s resolution because I believe that if you want

to make a positive change to your daily routine, you should do it immediately,” Irlbeck said. “Going to the gym everyday is an unrealistic resolution because things like school and work will get in the way, but maybe try setting a goal of going to the gym four times a week.”

Resolutions are goals meant to be achieved, not meant to sit on the top shelf and collect dust.



Madison Miles / Assistant News Photographer

Twin sisters Hailey and Bailey Brannan pose together in the GC library on Jan. 17



Lilia Starnes / Assistant Arts & Life Editor

Leari-Jene Jones exercises at the GC Wellness Center on Jan. 22.

ARTS & LIFE

Musicians to follow in 2019

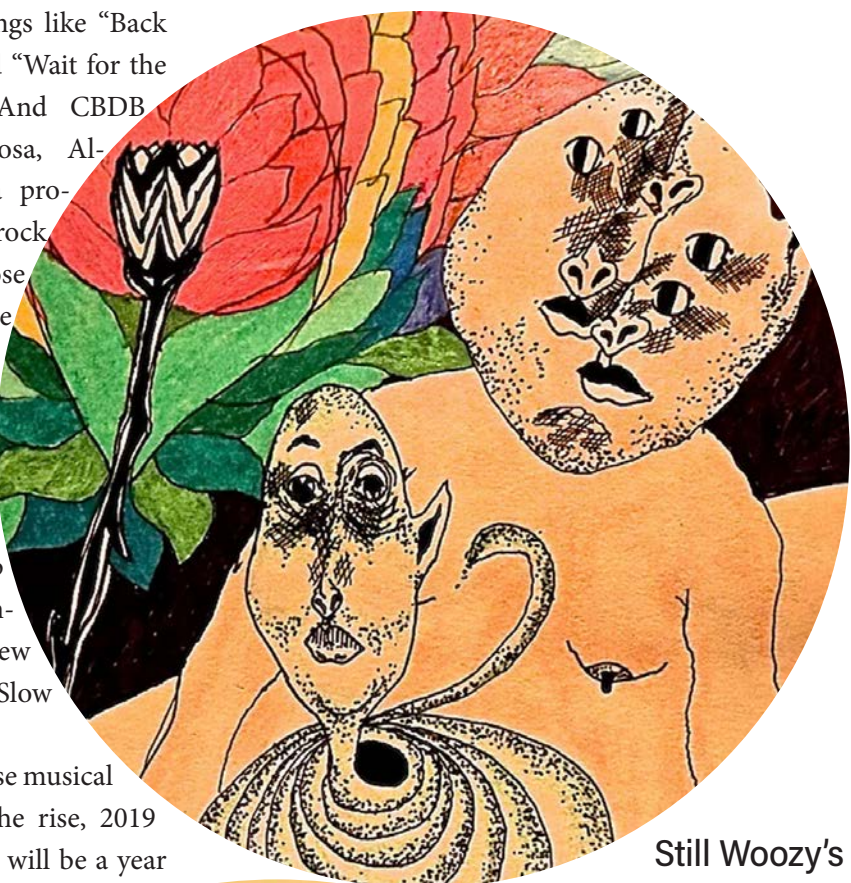
Brendan Borders
Staff Writer

With 2018 being a year of great music, several artists have stuck around in our brains, and we cannot wait for their new music coming in 2019. Writer of The Colonade's "Tonality" music column, Benjamin Monckton, said some bands to look for in 2019 are Empress of, Ruel, Young Nudy, King Princess, J.S. Ondara and Danger Incorporated. "Empress of is latin-based," said Monckton, a senior mass communication student. "Young Nudy is [a] new ATL hip-hop [artist] working with 21 Savage. Danger Incorporated is 'neo R&B' [and] signed to Father's label. J.S. Ondara is a Nai-

robi-raised alt-rock, for the likes of James Blake. Ruel is R&B that takes on similar styles of Ella Mai's smash called 'Boo'd Up.'" Additionally, Monckton said the best way to find new bands is to explore who tours with artists you like. He also suggested that if you are familiar with one music label, you should look for new signings on that label because one will likely interest you. Another avid audiophile, senior Chandler Durden, mentioned some up and coming bands like Greta Van Fleet, Crumb and Still Woozy. "I was shown Still Woozy by a friend," said Durden, a mass communications major. "[Still Woozy is] An interesting solo artist recording out of his garage." She explained that

Crumb is a female-led band very similar to Still Woozy. Durden also said that The Revivalists, Futurebirds, Vulfpeck and CBDB are popular right now. The Revivalists are an alt-rock band from New Orleans, Louisiana with recent No. 1 singles like "All my friends" and "Wish I knew you." Athens-based indie band Futurebirds has top hits like "Virginia Slims" (2013) and "Rodeo" (2015). "[I like] an array of smaller unknowns that have one or two songs that are really different and stand out from the same unoriginal song that you hear on the radio sung by some angsty pop princess who couldn't stand alone without auto tune," Durden said. Ann Arbor, Michigan's Vulfpeck is a funk band

with hit songs like "Back Pocket" and "Wait for the moment." And CBDB of Tuscaloosa, Alabama is a progressive rock band whose members are self-proclaimed purveyors of "Joy-Funk." Their top songs include "New Eyes" and "Slow Foxes." With these musical artists on the rise, 2019 looks like it will be a year of great moments in the world of music.



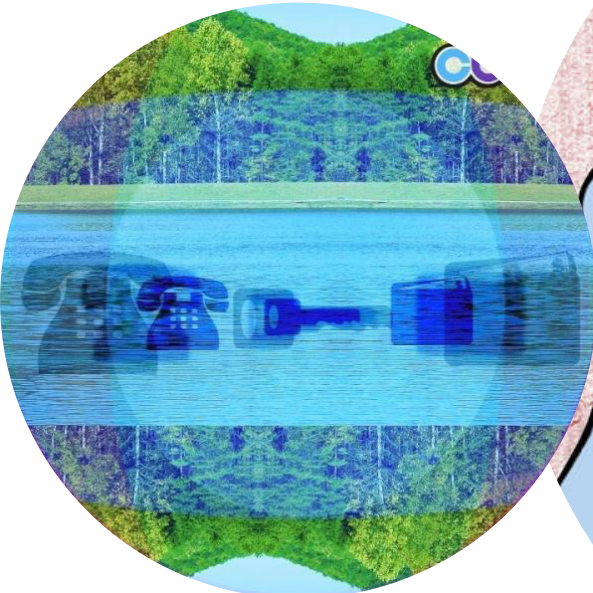
Still Woozy's 2017 single "Cooks"



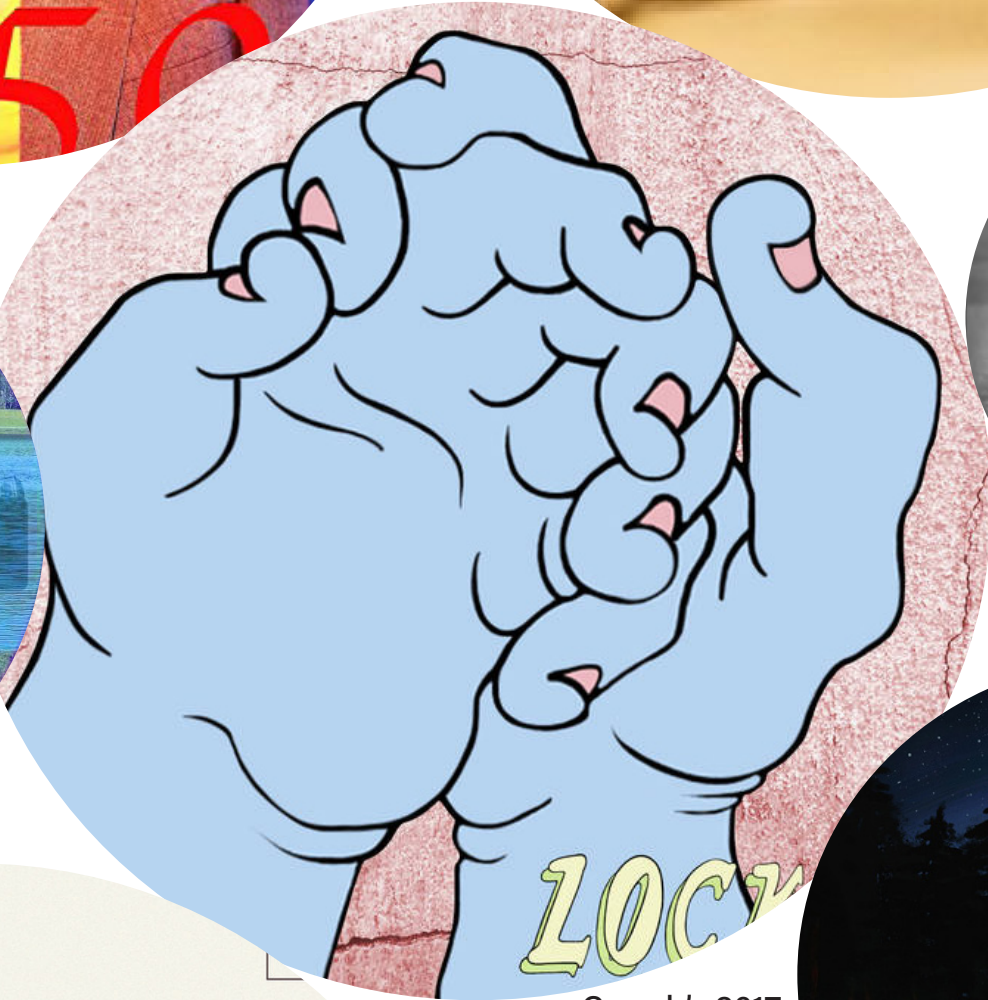
Empress Of's 2018 album "Us"



King Princess's 2018 single "1950"



CBDB's 2012 album "Phone.Keys.Wallet"



Crumb's 2017 album "Locket"



J.S. Ondara's 2018 single "American Dream"



Greta Van Fleet's 2017 album "From The Fires"



The Revivalist's 2015 album "Men Amongst Mountains"



Danger Incorporated's 2017 album "Birds Fly By Night"



Vulfpeck's 2016 album "The Beautiful Game"